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TORONTO'S DEADLY STREETS DAY 2 PEDESTRIAN & CYCLING DEATHS CAN BE PREVENTED

"It is our collective responsibility to save every life we can."

Mayor De Blasio

A GREAT PLAN
NEW YORK'S BOLD VISION
THE SPEND: $115 million this year alone
THE GOAL: Zero road deaths by 2024

"These are realistic, achievable measures."

Mayor Tory

OUR PLAN
TORONTO'S MODEST APPROACH
THE SPEND: $68 million over 5 years
THE GOAL: Reduce road deaths 20% by 2026

Toronto's goal 'ridiculous'

Luke Simcoe
Metro | Toronto

Toronto's new road safety plan has been dubbed "honest and realistic" by the mayor, but critics say the strategy does too little to prevent deaths on our streets.

The plan, announced Monday by Mayor John Tory and Coun. Jaye Robinson, aims for a 20 per cent reduction in pedestrian and cyclist fatalities by 2026.

Patrick Brown, a Toronto lawyer and road safety advocate, called the goal "ridiculous."

"Shouldn't the goal be to reduce fatalities by 100 per cent?" he said. "I mean what are you going to tell the other 80 per cent?"

Tory brushed aside suggestions the plan isn't ambitious enough.

"Of course the goal is to get it to zero. What else could it be?" he said. "But you also have to be realistic in terms of the fact that you don't want to fool people into thinking there are magic answers or answers that are going to lead to it being zero in a particular time."

The plan comes as road deaths in the city are trending upward. Fifty-nine pedestrians and cyclists have died in the last 18 months. Last year marked one of the deadliest in recent memory.

City staff have proposed an array of programs to address the issue, ranging from intersection redesigns, to speed limit reductions and public awareness campaigns. In particular, the plan would create 25 pedestrian corridors across the city, where speed limits and signal timings would be changed to prioritize pedestrian safety.

Walk Toronto founder Dylan Reid is glad to see the city taking action but said the plan pales in comparison to what's being done in other cities.

Reid chided the city for failing to embrace Vision Zero, a road safety paradigm pioneered in Sweden that aims to eliminate traffic fatalities.

"It's not a Vision Zero document, clearly. They cite it a few times, but it's nowhere near as ambitious as what we've seen in New York or Sweden," Reid said.

The plan will be debated at the public works meeting June 20. Robinson told Metro she plans to move a motion asking for a target of zero fatalities.

"One death is too many on our streets," she said.

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metro NEWS
Your essential daily news
Tuesday, June 14, 2016

TORONTO'S DEADLY STREETS A FIVE-PART SPECIAL REPORT

What Vision Zero could look like here

Pioneered in Sweden in the late 1990s, Vision Zero is an approach to road design that seeks to eliminate fatal collisions. Toronto's proposed road-safety plan embraces some of those principles, but here's how a true Vision Zero strategy would reshape our streets.

1. "ROAD DIETS"
Nearly three quarters of pedestrian fatalities in Toronto happened on roads with four or more lanes where the speed limit is 50 km/h or higher. Under Vision Zero, these roads would be scaled back. Typically, four-lane roads are reduced to three lanes and the extra space is used for bike lanes or expanded sidewalks.

2. LOWER SPEED LIMITS
Toronto is already in the process of lowering default limits to 30 km/h in the downtown core, but a true Vision Zero policy would extend those reductions to major arterial roads, capping them at 40 km/h.

3. TRAFFIC CALMING
Vision Zero typically includes traffic-calming measures such as speed bumps, narrower lanes and roundabouts that force drivers to obey slower speed limits.

4. "SELF-EXPLAINING" STREETS
Vision Zero often includes improvements in way-finding and signage on streets. The portion of the road allocated to each road user is delineated, and in many cases pedestrians, vehicles and cyclists have their own signals.

5. LAWS TO PROTECT VULNERABLE ROAD USERS
Many Vision Zero jurisdictions have laws placing the onus for safety on drivers. It's a criminal offence for drivers not to yield to pedestrians in New York, and the Netherlands has "strict liability" in which drivers are found liable by default when they hit a pedestrian unless they can prove otherwise.

Some of Toronto's proposed road-safety measures do reflect Vision Zero principles — others, not so much.

- Progress is being made toward lowering speed limits in the city. However, the "targeted" reductions fall short of the blanket changes implemented by Vision Zero cities.
- Mayor John Tory said he'll lobby for changes that allow the city to impose stiffer fines or penalties on drivers who hit pedestrians.
- Don't expect to see many "road diets" in Toronto, where taking space away from drivers remains controversial.

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TORONTO'S DEADLY STREETS A FIVE-PART SPECIAL REPORT

Lives over travel time

STREET PHILOSOPHY

Plan rejects the typical cold compromise of safety vs. speed

Luke Simcoe
Metro | Toronto

A traffic roundabout dominates Sergel's Square in Stockholm, Sweden. Swedish traffic strategist Matts-Ake Belin says roundabouts reduce the likelihood of fatal collisions and are an example of Vision Zero engineering at work. CONTRIBUTED

The architect of one of the most effective road-safety strategies in the world says it's time for Toronto to "revolutionize" its approach to safe streets.

"The thing that strikes me the most about coming to Toronto or other cities in North America is that the whole focus is on car drivers," said Matts-Ake Belin, a traffic-safety strategist with the Swedish Transportation Administration and the president of the country's Vision Zero initiative.

"If you want to promote cycling and walking — which are good for the environment and good for health outcomes — then one of the barriers to doing that is safety.

"You have to change the planning paradigm from car drivers to a focus on these unprotected road users."

Doing so involves acknowledging that fatal crashes aren't the result of bad drivers or inattentive pedestrians. Instead, Belin said, flawed design is to blame.

It's precisely the approach Swedish politicians took in the late 1990s, with the goal of eliminating road deaths altogether. The revamped policy — Vision Zero — has reduced the number of fatal collisions in the country by more than 50 per cent.

Vision Zero is "an ethical imperative," Belin said, which states: "It can never be acceptable or ethical for people to be killed or seriously injured when they move through the transport system."

While most North American politicians will tell you road fatalities are unacceptable, Belin points outs their policies often say the opposite.

50%

Vision Zero has cut fatal crashes in Sweden in half.

He describes "traditional" road-safety planning as a balancing act between the efficiency of the road — how quickly cars move on it — and the risks to human health. Under the model, a certain number of injuries or fatalities are necessary before an uncontrolled intersection gets a stop sign; more deaths mean the stop sign becomes a traffic light and so on.

In other words, our road design tolerates a certain amount of death and injury at the cost of moving motor vehicles quickly through cities.

You can see this philosophy at work in Toronto. Even when discussing the new road-safety plan with Metro in January, public-works chair Coun. Jaye Robinson stressed the need "to balance competing priorities on roads."

Belin says Vision Zero does away with that balancing act and places the emphasis squarely on human life. It also focuses on preventing fatalities, rather than preventing collisions.

> **The difference between a traffic light and a roundabout is the difference between life and death.**
> Matts-Ake Belin

"The problem we try to solve with Vision Zero is not the problem of crashes, per se," Belin said. "We try to solve the problem that people are getting killed or seriously injured on our roads."

As an example, Belin contrasts a roundabout with a stoplight. The latter is the most common way of reducing collisions at an intersection, but the crashes it creates tend to be more severe (imagine a left-turning driver hit by a car rushing through an amber light).

Roundabouts, on the other hand, reduce the speed of vehicles moving through an intersection. According to Belin, the design may actually increase the number of collisions, but those that do occur are less likely to result in fatalities.

"The difference between a traffic light and a roundabout is the difference between life and death," he said.

In Vision Zero, enforcement or education take a backseat to good design.

"You'll find 90 per cent of all crashes are due to human error. It's a mantra, and it's been there since the introduction of the car to society," Belin said.

"So when society tried to develop strategies to prevent crashes, they put the focus on individual road users. They put the responsibility on the individual."

Again, this philosophy is apparent in the rhetoric of Toronto's politicians and planners. Although the city's new road-safety plan includes engineering and design solutions, Mayor John Tory focused on the behaviours of road users during its unveiling.

"Human behaviour is the most vital component that has to be changed," the mayor said Monday.

Belin disagrees. Vision Zero, he says, views road deaths not as a consequence of poor behaviour on behalf of road users but as a design flaw that can be fixed.

"The ultimate responsibility for road safety is on the designer in Vision Zero," he said.

ABOUT THIS SERIES

MONDAY | Reality check Charting death on our streets and introducing you to the people calling for change.

TUESDAY | Vision Zero How the road safety framework that Sweden used to cut traffic fatalities in half could be applied in Toronto.

WEDNESDAY | At street level Metro asks the experts to redesign Toronto's deadliest intersections to make them safer.

THURSDAY | Legislating safety How stiffer legal penalties can save lives.

FRIDAY | The road ahead Shifting gears, shifting culture.

New York City makes it work

IN PRACTICE

Mayor weathers the resistance to dramatically cut road deaths

Luke Simcoe
Metro | Toronto

On Jan. 15, 2014, New York Mayor Bill de Blasio stood at a street corner in Queens where an eight-year-old boy had been killed by a truck driver a month earlier.

The newly minted mayor spoke of the "epidemic" of traffic fatalities in New York and declared "the time to start change is now."

Since then, under de Blasio's leadership, New York has become one of the first North American cities to truly embrace Vision Zero. Many other cities, from San Francisco to Edmonton, have adopted the policy in principle, but New York is where the Vision Zero rubber is meeting the road.

The centrepiece of New York's Vision Zero program is a 10-year, $1.2-billion capital plan to redesign the city's streets with safety in mind.

The city has lowered its default speed limit from 30 miles per hour to 25 (40 km/h) in 2014, redesigned collision-prone intersections, added new speed cameras and made it a criminal offence for drivers to fail to yield to pedestrians.

The results were immediate. The number of pedestrian deaths dropped from 180 in 2013 — a record high — to 139 in 2014 — a record low, according to city data.

Pedestrian fatalities dropped to 134 in 2015, making it the safest year on New York City streets since record-keeping began in 1910.

"We've passed 15 laws addressing or directly related to Vision Zero," boasts Coun. Ydanis Rodriguez, who serves as chair of New York's transportation committee. "And as a result, we've taken our city to the next level."

Rodriguez says the city is in the midst of a "cultural shift," in which people are beginning to believe the road belongs to everyone, not just cars, and that the onus for safety should be placed on drivers.

The city's graphic Vision Zero ad campaign addresses driver behaviour directly and exclusively. One ad shows a woman's bloody arm on the pavement and reads: "She waited for the signal. The driver didn't."

Such messaging is almost unthinkable in Toronto, where past safety campaigns from the TTC have admonished pedestrians for wearing dark clothing or listening to music while crossing the street.

134

Number of pedestrian deaths in New York in 2015, the safest year since record-keeping began in 1910

"Those of us who get behind the wheel — and I'm one of them — have to understand that we're moving objects that weigh thousands of pounds," Rodriguez says. "When it comes to safety, we have to put our children and our pedestrians and our cyclists first."

Even in a city where only 15 per cent of the 9 million residents own a vehicle (in Toronto, a 2011 survey suggests nearly half of residents own a car), Rodriguez said implementing Vision Zero was a challenge.

"In the beginning, it was an unpopular issue and there was a lot of resistance," he said.

"But our message to New Yorkers, and to anyone throughout the world, was that we have to be part of the solution."

Rodriguez credits de Blasio, as well as the work of advocacy groups such as Families for Safe Streets, for convincing New Yorkers that no amount of death on the road is acceptable.

> **Our message to New Yorkers, and to anyone throughout the world, was that we have to be part of the solution.** Coun. Ydanis Rodriguez

And if Toronto truly wants to make its streets safer, he said our politicians will need to show similarly strong and decisive leadership.

"We can do this. We can make our cities safer places for everyone," Rodriguez said.

Top: As part of Vision Zero, New York rolled out an impactful and sometimes graphic ad campaign targeting drivers. COURTESY NEW YORK DEPARTMENT OF TRANSPORTATION

Left: New York City Mayor Bill de Blasio, right, stands in January 2014 at the intersection where eight-year-old Noshat Nahian was struck and killed while walking to school. COURTESY ROB BENNETT/OFFICE OF MAYOR BILL DE BLASIO

Below: Mayor de Blasio announces in July 2015 that shovels are hitting the ground on a $100-million Vision Zero project to redesign Queens Boulevard. COURTESY ED REED/MAYORAL PHOTOGRAPHY OFFICE

TORONTO'S DEADLY STREETS A FIVE-PART SPECIAL REPORT

$300 fine for a shattered body

RECOVERY

Woman battles her way back to bike saddle after collision

Luke Simcoe
Metro | Toronto

Jessica Spieker remembers unlocking her bike and putting on her saddlebags before heading to work on May 20, 2015.

The next thing she remembers is waking up in the emergency room.

Spieker, a personal trainer and owner of Full Swing Fitness, was cycling on Bathurst Street when she was hit by a driver turning left near Shallmar Boulevard.

"She just didn't see me," Spieker, 32, said. "She T-boned me brutally."

The collision fractured Spieker's spine — but fortunately no nerves — tore ligaments in her left leg, damaged her bladder and left her with a brain injury that temporarily impaired her short-term memory.

"It sounds stupid, but that bike was my best friend," Jessica Spieker says as she looks over the twisted frame of her ruined bicycle. **"Seeing it like that made me cry."** LIZ BEDDALL/METRO

"I'm insanely lucky to have come out alive," she said. "If she had hit a senior, I think it would have been a very different story."

It took months of rehab and recovery for Spieker to reclaim a sense of normalcy. But just as she was getting back on her feet, a blood clot in her leg — a result of the injuries she sustained — made its way to her heart, causing a bilateral pulmonary embolism.

"It was sudden-death territory," she said. "My heart felt like it was popping out of my chest and tearing my lungs open."

Spieker made it to the hospital but spent the summer recovering. Prevented from doing "anything more strenuous than climbing a single flight of stairs," the normally active young woman spent months on the couch.

"It was just awful," she said.

Even a year later, Spieker wrestles with the legacy of the crash.

She got back in the bike saddle as soon as she was able to but admits to bouts of road rage when drivers pass too closely or endanger her while she's riding.

"If I never got on my bike again, they would have won," she said. "My mom wasn't a big fan of it, but I told her it wasn't negotiable."

The physical scars — including a "hood-shaped dent" in her leg — are also a constant reminder of what happened.

WHAT YOU CAN DO

Urge city council to make road safety a priority. Visit **metronews.ca/todeadlystreets** to contact your local councillor via email or Twitter.

Share your stories of death or close calls via the **#TODeadlyStreets** hashtag on Twitter.

And like many victims of Toronto's deadly streets, Spieker feels let down by the legal system. The driver who hit her got her charge reduced to improper signalling and was handed a $300 fine.

"According to traffic court, my life is worth $300," Spieker said. "It just fills me with rage."

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That capybara caper continues

WILDLIFE

Returned rodent is Bonnie, or possibly Clyde

May Warren
Metro | Toronto

One half of Toronto's now world famous capybara fugitive pair was under medical monitoring Monday after being lured home the night before.

The dog-sized rodent looks to be in good health, "aside from a few scratches," city spokeswoman Megan Price said.

A vet has advised the animal be kept inside for a few days to "acclimate to its surroundings" before being released back into its pen at High Park Zoo.

There's at least one big question that remains: Is it Bonnie or Clyde who finally failed to give rescuers the slip?

The vet has yet to give a ruling. It's tough to determine because the animal, at six months old, is still so young, Price said.

Stacey Freeman, left, and Sara Duffus-Martin were part of the team that finally captured one of the elusive capybaras. CONTRIBUTED

"Team Capybara," comprised of staff from the Toronto Wildlife Centre, the city and some eager volunteers, lured the dog-sized rodent into a trap near the High Park pond Sunday evening.

It was taken to the zoo where it enjoyed a welcome back meal of sweet corn — the same thing used to lure it into a trap — before going into medical care.

"Initially when she was in the cage she was a little bit frightened and confused and was obviously looking for a way out," said Stacey Freeman, a 29-year-old New Zealand native and a member of the Toronto Wildlife Centre who helped with the effort.

"But then as soon as we had covered up the cage with a sheet so it was nice and dark for her, she calmed right down."

Meanwhile, Price said staff has inspected the zoo's capybara enclosure to make sure it's secure and there won't be a repeat escape.

Toronto Wildlife Centre, which usually rescues less-exotic animals like racoons and geese, is also offering their services to help capture the second capybara still on the lam.

But there haven't been many sightings so far.

"This one seems to be slightly more elusive," said Freeman.

Half of the daring duo is kept safe in a barn. COURTESY TORONTO WILDLIFE CENTRE

Only one of the High Park Zoo's three capybaras was in the enclosure Monday. LIZ BEDDALL/METRO

"I'm still very conscious of the fact that there's another one out there."

See video of the rescue at metronews.ca

GREAT ESCAPE

May 24, 2016:
Two capybaras escape from the High Park zoo, slipping out of their pen while on a new one was being moved in.

May 25, 2016:
Willow, a capybara living at a Toronto rescue, helps with the hunt for the fugitives and goes on a media tour to raise awareness about the giant rodents.

May 26, 2016:
The unnamed male-female pair is still on the loose. Officials receive reports of multiple sightings, most of which turn out to be groundhogs. Sightings and rescue efforts continue in the coming days.

June 6, 2016:
Two friends walking in High Park spot one of the capybaras. But it escapes their grasp by slipping into a pond after a chase that lasts hours.

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Pull up a chair in fight against homophobia

Metro celebrates PRIDE MONTH

Campaign tackles issue in the workplace

Gilbert Ngabo
Metro | Toronto

A virtual sit-in campaign is taking the fight against homophobia right into the workplace.

In the wake of the mass killing that targeted a gay club in Orlando, two Toronto groups are inviting the public to participate in a campaign dubbed A Seat For All.

Through Twitter and Instagram, people can post selfies of themselves seated in office chairs — or, better yet, in their office — showing solidarity for LGBTQ employees still hiding their true identity.

"LGBT people are worried about discrimination, about being judged for who they are, worried about not getting promotions," said Jay Goldman, managing director of Klick, a tech startup behind the campaign.

The campaign is a reaction to results from a Human Rights Campaign Foundation study, which showed more than 50 per cent of LGBTQ employees in Canada and the U.S. have to hide who they are in the workplace.

Klick has partnered with The 519 — a nonprofit working in Toronto's LGBTQ community — for the campaign, which will run throughout Pride Month.

About 500 people have already participated in the campaign, and Klick has pledged to donate $1 to The 519 for each of the first 5,000 participants.

"There should never be a time where you can't get together with anybody you want and celebrate your life," Goldman, said. "This is to show that the vast majority of people absolutely support the LGBT community."

As it encourages people to snap their own selfies, the #ASeatForAll campaign has taken to the streets offering up office chairs and a camera for supporters. CONTRIBUTED

SECURITY

Experts weigh in on public-safety concerns

Following the mass shooting in Orlando this past weekend that left 50 dead, Torstar News Service spoke with domestic security experts to learn how the massacre could affect public safety.

Toronto police personnel march in the Pride Parade in 2014. TORSTAR NEWS SERVICE

Information sharing

Lawyer David Harris, director of the International Intelligence Program at INSIGNIS Strategic Research Inc., said he expects local police and RCMP to compare notes on any individuals or groups they should be watching out for ahead of July 3, when the Pride Parade kicks off.

Under surveillance

Harris said it's reasonable to expect authorities will increase their surveillance of persons of interest leading up to Pride events, saying, "We now have this flashpoint of Orlando that serves as a caution and a possibility."

According to retired major Harry Chadwick, vigilance can be practised by ordinary members of the community as well.

Threat risk assessment

Managing a list of known threats, or performing a threat risk assessment, "tells authorities where to put their limited resources" and to prioritize the more likely and highest-impact events, Chadwick explained. While homemade bombs — such as the pressure-cooker devices used in the Boston Marathon bombings — present a threat, the assault rifle is the "poor man's bomb these days."

Counterterrorism tech

Some of the latest security tech will most likely make an appearance at Pride, too. Chadwick said one such tool is a mobile acoustic-based gunfire detection system called gunshot radar. It can help law enforcement rapidly pinpoint the location of a firearm by listening for the sound it makes after discharge. High-resolution "high-angle cameras" can be mounted on balloons or towers to give police a way to survey crowds. TORSTAR NEWS SERVICE

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GTA plays large in cabinet

Megacity comes out ahead in Premier Wynne's cabinet shuffle

May Warren
Metro | Toronto

As the dust settles on Premier Kathleen Wynne's cabinet mix-up, the GTA looks to have fared pretty well, as usual.

"It certainly did not lose anything in the shuffle and perhaps gained a little bit more," said John Shields, a professor in the department of politics and public administration at Ryerson University. "It's got over one quarter of the cabinet posts, if you include Kathleen Wynne herself," he added.

Key portfolios such as the environment and climate change and health already belonged to MPPs from the Toronto area, but with the shuffle the region picks up others such as citizenship and immigration.

The cabinet adds three new members for a total of 30, of which 40 per cent are women, with "a strong attempt to get ethnic diversity," Shields said.

"Making cabinets is certainly not just about picking who might have the absolute best talent for a particular portfolio," he said.

A look at some of the new faces from the GTA:

IN

Laura Albanese (York South-Weston): Citizenship and Immigration

She replaces Markham-Unionville MPP Michael Chan, who takes over International Trade. Albanese previously worked as the parliamentary assistant to the Minister of Finance. Before being elected in 2007 she was a broadcast journalist.

Chris Ballard (Newmarket-Aurora), Housing and Minister Responsible for the Poverty Reduction Strategy.

Elected in 2014, he was most recently the Parliamentary Assistant to the Minister of Government and Consumer Services. He is a former a journalist and a town councillor for Aurora.

Mitzie Hunter (Scarborough-Guildwood), Education.

Hunter replaces Guelph MPP Liz Sandals, who oversaw rollout of Ontario's new sex-ed curriculum, and who moves to the Treasury Board. Elected in 2013, Hunter was previously CEO of the Greater Toronto Civic Action Alliance, a non-profit that brings together people to tackle challenges facing the region.

Eleanor McMahon (Burlington): Tourism, Culture and Sport

Elected in 2014, McMahon has been an advocate of pedestrian and cycling safety since her husband, an OPP sergeant, was killed when a trucker hit him while he was riding his bike. She recently introduced a private member's bill to increase penalties for careless drivers who seriously injure or kill pedestrians and cyclists. The bill passed second reading.

Indira Naidoo-Harris (Halton): Associate Minister of Finance (Ontario Retirement Pension Plan)

Elected in 2014, she is originally from Durban, South Africa. A former journalist, her most recent post was Parliamentary Assistant to the Minister of Health and Long-Term Care, with a focus on long-term care.

OUT

Seniors Affairs Minister Mario Sergio (York West). He has held the position since February 2013, and was first elected MPP in 1999. The 75-year-old announced he was quitting the cabinet but staying on as MPP for the time being, last week.

LOCKDOWN AT UNIVERSITY OF TORONTO
An hours-long lockdown at the University of Toronto's downtown campus was lifted Monday afternoon after police were unable to locate a suspicious person wearing a mask and possibly armed with a gun.

Nearby hospitals and the Ontario legislature went into precautionary lockdowns as well, and TTC trains bypassed Museum Station as police investigated.

Following the all-clear from police, University of Toronto president Meric Gertler thanked students, faculty and staff for responding "calmly and quickly" to the incident, and to Toronto and campus police for their fast action. "I think I speak for many of us when I say that this has been a distressing day, but I am very relieved at the outcome." TORSTAR NEWS SERVICE

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What's Changing

Trains

- Lakeshore East and West: Many changes to weekday service due to upcoming track closures at Union Station.
- Barrie: Faster travel times on most trips due to signal upgrades and other improvements.
- Richmond Hill: Some train times have changed. Plus, a new 6pm trip from Union Station.
- Stouffville: Some time and stop changes.
- Kitchener: The 8:48am trip from Union now departs at 8:55am.

Buses

- Changes to buses which connect to and from trains.
- New weekend route 12B (Niagara/Burlington) express service.
- More trips on route 40A (Hamilton/Richmond Hill).
- Some discontinued trips on routes 36B (Brampton/North York), 61 (Richmond Hill/Toronto), 92 (Oshawa/Yorkdale) and 92A (Finch/Ajax).
- Route change for 38A (York Mills/Caledon) due to road work.
- Time changes on some other routes.

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Mental health crisis 'cannot be ignored'

INEQUALITY

PM pledges $69M in funds for indigenous communities

The federal government will provide $69 million over the next three years for indigenous mental health services, Prime Minister Justin Trudeau announced Monday after meeting a delegation of more than 20 aboriginal youth from northern Ontario.

The funding is designed to help communities tackle urgent mental health needs while the government works with indigenous leaders to negotiate a new health accord, the Prime Minister's Office said in a statement.

The money is intended to provide services including four crisis response teams in Ontario, Manitoba and Nunavut — identified as having the greatest need — as well as 32 additional mental wellness teams.

Randall Crowe, a 24-year-old from Ontario's Deer Lake First Nation, said it was important for the young people's delegation to be heard.

"It is time that the youth take their stand ... instead of being pushed aside, to actually take part in discussions that the leaders need to address," Crowe said.

NDP indigenous affairs critic Charlie Angus has spent weeks hammering the government for failing to add new spending in the budget for indigenous mental health.

Canadians should know aboriginal people do not receive the same level of health care overall as people who live off reserve, Crowe noted.

Members of the Nishnawbe Aski Nation youth sign a declaration on Parliament Hill. ADRIAN WYLD/THE CANADIAN PRESS

The dialogue also needs to be part of a continuing process, said Nishnawbe Aski Nation Grand Chief Alvin Fiddler.

"In order for those issues to be addressed, it will require ongoing dialogue, ongoing work," he said.

"I think to hear this from an 18-year-old who lives this in their community daily, that's something that cannot be ignored."

It is very powerful for parliamentarians to hear directly from youth, Fiddler added.

THE CANADIAN PRESS

MARIJUANA

Motion to legalize pot rejected

Liberal MP Nathaniel Erskine-Smith had a constituent come to his office last week seeking help for a problem he believes should no longer exist.

Erskine-Smith said the man had been charged with simple possession of seven grams of pot — something the Liberals have promised to legalize within the next couple of years.

Prime Minister Justin Trudeau's government plans to introduce legislation to legalize marijuana next spring, but has no plans in the meantime to decriminalize the drug before a new regulatory regime replaces the existing laws.

That left Erskine-Smith — and the constituent who came to him for help — in a bit of a tough spot.

"I told him that we weren't going to be able to do anything at the federal level in the interim," said Erskine-Smith, who rose Monday in the House of Commons to support an NDP motion calling for decriminalization.

"Decriminalization is a half-measure, but a half-measure is better than no measure," Erskine-Smith said in an interview.

THE CANADIAN PRESS

> **Decriminalization is a half-measure, but a half-measure is better than no measure.** Nathaniel Erskine-Smith

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Abu Sayyaf kills hostage

PHILIPPINES

Canadian man was kidnapped by terror group in 2015

Canada's top Mountie says the tough terrain of the southwestern Philippines may make it difficult to find the killers of two Canadian hostages, but it won't prevent the ongoing effort to bring them to justice.

RCMP Commissioner Bob Paulson's commitment was affirmed Monday by Prime Minister Justin Trudeau following the death of Canadian Robert Hall, who had been held hostage by Abu Sayyaf since September 2015.

Robert Hall
CANADIAN PRESS

Hall's death comes after the execution in April of fellow Canadian John Ridsdel, who was snatched from a marina by Abu Sayyaf along with Norwegian Kjartan Sekkingstad and a Philippines national last September.

Paulson said the RCMP is helping local authorities give chase to the kidnappers, "but as you know, it's a very difficult piece of geography and … challenging environment."

The Mounties are conducting an extraterritorial investigation into the murders, meaning the perpetrators could one day face justice in Canada, he added.

Trudeau said Canada holds Abu Sayyaf fully responsible for Hall's death.

"We are more committed than ever to working with the government of the Philippines and international partners to pursue those responsible for these heinous acts and bring them to justice," Trudeau said.

Abu Sayyaf operates mainly in the south of the Philippines, in the western Mindano and the Sulu Archipelago, but staged a major attack in 2004 that killed more than 100 people when militants bombed a ferry in Manila Bay. THE CANADIAN PRESS

EQUALITY

Dear Tim Hortons: Where are the women?

Before Tim Hortons and Burger King merged and became RBI in late 2014, a quarter of the Tim Hortons board was comprised of women. Now RBI's 11-person board of directors is all male, including the 10 men pictured here. CONTRIBUTED

A proposal to create a formal diversity policy at the parent company of Tim Hortons and Burger King aimed at increasing the number of women on its all-male board of directors has been rejected.

Oceanrock Investments Inc. and the Shareholder Association for Research and Education (SHARE) asked the company to write a formal diversity policy and inform shareholders how and when it intends to increase the number of women on its board of directors and in senior management positions.

Oceanrock Investments, which said it owns nearly 19,000 RBI shares, acted on behalf of the Meritas Jantzi social index fund.

Before Tim Hortons and Burger King merged and became RBI in late 2014, a quarter of the Tim Hortons board was comprised of women, according to the shareholder proposal. Now RBI's 11-person board of directors is all male.

The proposal asked RBI to complete the policy and update shareholders by December 2016.

While there are many benefits to increasing gender diversity on corporate boards, including the potential for better shareholder returns, that wasn't the sole reason for the proposal, Fred Pinto, OceanRock Investment's CEO, said while presenting the proposal at the company's annual general meeting on Thursday.

"We did this quite simply because it's the right thing to do," he said.

Other shareholders voted to reject the proposal.

The result wasn't unexpected, Pinto said in an interview following the vote. The group will now wait to see how many independent shareholders supported their proposal as more detailed results are released in the next few days.

The board had declined to make a recommendation on how shareholders should vote, but did amend its new director nomination process to consider diverse candidates in response to the proposal.

These are more general steps, Pinto said, and he would like to see RBI take more specific action, including presenting a timeline for gender diversity inclusion.

Gender diversity on corporate boards in Canada has become a source of tension between shareholders and companies.

BCE Inc.'s shareholders voted down a similar proposal at their annual general meeting earlier this year, and a Dollarama shareholder brought up concerns over the lack of women in leadership positions at that company's meeting earlier this week. THE CANADIAN PRESS

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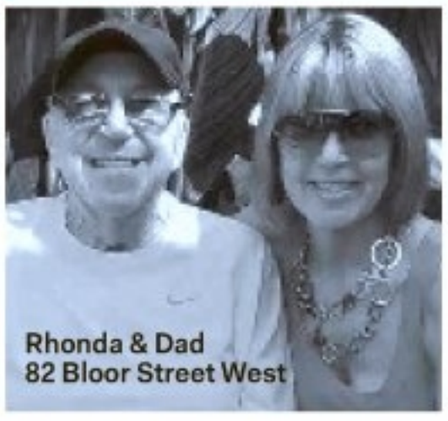

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Banking on the advantages of credit

Credit cards help consumers track spending

ISTOCK

Sean Deasy

In today's economy, consumers need to stretch their dollars as far as possible. One way to get a handle on spending is by controlling your mode of payment. For some consumers, the best way to keep spending in check is by using a credit card for most purchases. It's hassle-free, easy to use, and has the potential to earn rewards — an attractive perk that can quickly add up.

For those who don't like to keep loose cash around, credit cards are small, simple and easy to store. Perhaps their biggest advantage for spending-conscious consumers is how they help you keep track of your purchases. A monthly credit-card statement can be an enlightening document if you haven't created a budget or followed your spending before, and year-end summaries are important guides that can help you direct future savings goals.

Another advantage of using a credit card is that it lets you build a credit rating — essential if you ever need a bank loan (such as, for instance, to purchase a home). It's a side benefit of using your card regularly. Just make sure to pay off your balance each month if you want to avoid incurring interest.

Speaking of perks, one of the best features many credit cards offer is the chance to earn rewards. These can take the form of travel points, retail discounts, cash back or other promotions. By collecting credit-card rewards, you earn something with every purchase. And as you'll notice on your monthly statements, such rewards can accumulate fast.

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Sean Deasy

ISTOCK

For many consumers, the need to stay on top of their budget — even on a daily basis — is an essential part of their financial strategy. One way to help manage that is by making most transactions with a debit card. It's simple to use, offers convenient access to cash, and enables the user to remain within an allotted budget every day.

For those who aren't fans of potentially comprehensive administration, the debit card is a boon. Typically, checking and savings accounts have a debit card automatically linked to them, side-stepping the need to complete additional applications.

As far as expedient retail transactions go, it's hard to top the performance of the debit card. It's as simple as it is speedy. And since the debit card only lets you spend what's currently in your account, you're less likely to spend more than you can afford. That's essential for consumers who wish to stay on top of their spending habits, with a goal of remaining fiscally responsible. And having an updated account balance in your hand after each transaction lets you keep tabs on the savings you have left.

Speaking of advantages, most retailers now offer a "cash back" option that's seamlessly folded into the purchase transaction. It's a real benefit for consumers who appreciate a timely and convenient access point for cash as needed. And it can help control spending by preventing withdrawals of more cash than necessary from ATMs, which can lead to unplanned or irresponsible purchases.

Since the debit card only lets you spend what's currently in your account, you're less likely to spend more than you can afford.

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Remember their names

A gunman opened fire inside a crowded nightclub in Orlando on Sunday, leaving at least 49 people dead in the worst mass shooting in modern U.S. history. Here are stories of some of the victims.

Last Monday, Akyra Murray, who turned 18 in January, graduated third in her class of 42 students at West Catholic Preparatory High School in Philadelphia, where she had also been a 1,000-point scorer on the basketball team.

"She was very loving, caring, out to help anybody," her mother, Natalie Murray, recalled.

To celebrate her graduation, Akyra, her parents and her 4-year-old sister travelled to Orlando for a family vacation.

On Saturday, Murray told her parents she wanted to party in downtown Orlando. They dropped her off at Pulse at 11:30 Saturday night.

At about 2 a.m., Akyra Murray sent a text message to her mother, saying that she and her cousins wanted to be picked up. She said there had been a shooting.

Moments later, the phone rang.

"She was saying she was shot and she was screaming, saying she was losing a lot of blood," Natalie Murray said.

Murray said her daughter was hiding in a bathroom stall, cowering from the shooter, her arm bleeding for hours with no medical treatment.

Mercedez Marisol Flores went to Pulse nightclub almost every weekend, Flores' sister-in-law said Monday, often with her best friend Amanda Alvear. Both women died in the shooting.

"She was very outgoing," Nancy Flores said of Mercedez Flores. "She had lots of friends. They used to always meet up at Pulse."

Born in Queens, N.Y., the 26-year-old Flores moved to Florida when she was a child, her sister-in-law said. She worked at Target and studied at Valencia College, a local community college. She wanted to become a party planner so she could coordinate events with her two older brothers, who are both DJs.

Alvear, 25, had bonded with friend Sandy Marte over breakups and health problems. Marte said he was trying to comfort her after the breakup. She had lost a lot of weight following gastric bypass surgery and Marte encouraged her to socialize and enjoy life.

A text message sent by Eddie Justice to his mom during a shooting in an Orlando, Fla. nightclub. THE ASSOCIATED PRESS

"She was loving, she was caring, she always had an open ear," Marte said of his friend Alvear.

Luis Omar Ocasio-Capo wanted to be a star. The 20-year-old dancer was working at Starbucks inside a Kissimmee Target store while studying theatre, and would have auditioned on Tuesday for a play, said his sister, Belinette Ocasio-Capo.

Omar, as he was known to family and friends, seemed brash to 70-year-old Claudia Mason, who worked with him at Starbucks. But after getting to know her much younger co-worker, "I realized he had a very outgoing personality," said Mason. "His sense of humour was definitely his defining personality trait."

Ocasio-Capo was hired as a cashier before moving over to the Starbucks, and became a great barista, Mason said.

"Omar got along with everyone," she said.

Eddie Jamoldroy Justice tapped out a series of chilling text messages to his mother from a bathroom at the Orlando nightclub. The 45-minute exchange began with a message of love.

"Mommy I love you," the first message to Mina Justice said at 2:06 a.m. The messages stopped shortly after he confirmed to her that the shooter was nearby.

Eddie Justice, 30, was normally a homebody who liked to eat and work out, his mother said. He liked to make everyone laugh. He worked as an accountant and lived in a condo in downtown Orlando. THE ASSOCIATED PRESS

Akyra Monet Murray, 18

Luis Vielma, 22

Mercedes Marisol Flores, 26

Amanda Alvear, 25

Eddie Jamoldroy Justice, 30

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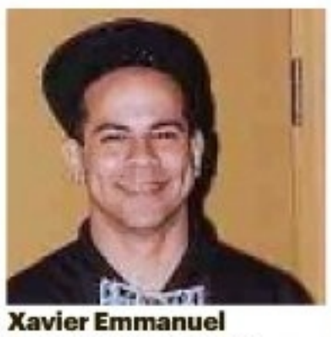
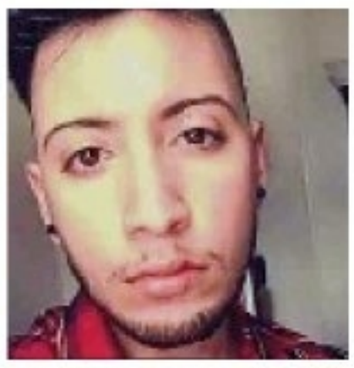


Xavier Emmanuel Serrano Rosado, 35



Luis Omar Ocasio-Capo, 20

Jason Benjamin Josaphat, 19

Tevin Eugene Crosby, 25

SHOOTER

Nightclub terrorist was 'homegrown'

The gunman whose attack on a gay nightclub left 49 victims dead appears to have been a "homegrown extremist" who espoused support for a jumble of often-conflicting Islamic radical groups, the White House and the FBI said Monday.

As Orlando mourned its dead with flowers, candles and vigils, counterterrorism investigators dug into the background of 29-year-old Omar Mateen for clues to why the American-born Muslim carried out the deadliest mass shooting in modern U.S. history.

"So far, we see no indication that this was a plot directed from outside the United States, and we see no indication that he was part of any kind of network," said FBI Director James Comey. But he said Mateen was clearly "radicalized."

Comey said the bureau is also trying to determine whether Mateen had recently scouted Disney World as a potential target.

The FBI chief defended the bureau's handling of Mateen during two previous investigations into his apparent terrorist sympathies.

Omar Meteen AFP/GETTY IMAGES

Wielding an AR-15 semi-automatic rifle and a handgun, Mateen opened fire at Pulse Orlando early Sunday in a three-hour shooting rampage and hostage siege that ended with a SWAT team killing him. During the attack, he called 911 to profess allegiance to Daesh.

At the White House, President Barack Obama said there is no clear evidence so far that Mateen was directed by the group, calling the attack an apparent example of "homegrown extremism."

THE ASSOCIATED PRESS

U.S. ELECTION

Trump and Clinton at odds over attack

There is a political playbook for the aftermath of terrorist attacks, a leadership script born of wretched experience.

Offer sombre thoughts and prayers to the victims and their families. Vow, resolute, to defeat the perpetrators and their ideology. Urge the public to remain united and unbowed. Advocate a few policy solutions. In the wake of the massacre at a gay nightclub in Orlando on Sunday, Hillary Clinton is sticking to routine. Donald Trump is not.

Instead, the Republican nominee has offered a series of furious arguments and false accusations unlike anything else in the recent campaign history. Over the course of two days, Trump has called for the resignation of the president, insinuated the president is supportive of jihadists, and escalated his anti-Muslim rhetoric.

Monday afternoon offered the sharpest contrast between the two candidates. Clinton, speaking in measured tones in Ohio, called for an intensification of the war in Syria, new gun control measures, bipartisan unity and respect for Muslims.

Trump, appearing in New Hampshire, spoke in the agitated voice of his early campaign rallies. After expressing condolences, he focused almost exclusively on immigration — specifically, on what he said was the threat posed by immigrants and refugees from Muslim countries.

Donald Trump AFP/GETTY IMAGES

He did not stop there. In an ad-libbed comment that ranks among the starkest bigotry of his campaign, he baselessly accused U.S. Muslims of harbouring advance knowledge of the deadly plans of Omar Mateen and the couple who committed a mass shooting in San Bernardino, Calif. in December. Trump reiterated his call for a ban on all foreign Muslims entering the country. He also went further, proposing a new ban on anyone from countries with a history of terrorism.

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ROSEMARY WESTWOOD ON THE LESSONS OF STANFORD

SCHOOLS MUST CHOOSE A SIDE

Any post-secondary institution that would prefer its name not become synonymous with 'rape' would do well to internalize what the Brock Turner sexual-assault case made abundantly clear: **Universities have a responsibility not just to react to sexual violence but also to prevent it.**

To Michele Dauber, a law professor at Stanford University, Jane Doe is a new Rosa Parks.

It's a striking, possibly overreaching statement. But it sets the stakes now at play for universities in the starkest of terms: You are either on the right or the wrong side of fighting campus sexual violence, just as you were once (and remain) on the right or wrong side of fighting racism.

Jane Doe is the victim in the Stanford sexual-assault case, which ignited international condemnation after her assailant, Brock Turner, was given a slight six-month jail sentence for crimes that might have earned him a maximum of 14 years.

"We are at a real watershed moment in public perception of campus sexual assaults," Dauber told The New York Times this week.

At the centre: Jane Doe's defiant courtroom statement, read aloud on newscasts, shared tens of millions of times online, quoted by the vice-president of the United States and credited for igniting fierce conversation over consent and rape.

In her letter, Jane Doe attacked Turner's effort to scapegoat his behaviour on booze and partying. Through it, she refused to meekly accept her fate, Dauber suggests, just as Rosa Parks once refused to move from her seat on a bus.

Canadian universities should take this new level of furor over sexual violence as a warning: Think "Stanford," and the next word that now comes to mind is "rape" — and your school could be next.

Of course, they shouldn't need the warning, but they also shouldn't have needed provincial governments to force them to create distinct sexual-assault procedures. (Even back in 1993, one study found as many as one in four women are sexually assaulted at universities.)

New bills passed in Ontario and B.C., as well as another introduced in Manitoba, all require that campuses adopt standalone policies. Far too many need the push. Irene Shankar, a researcher at Mount Royal University, surveyed 103 English-language schools this spring and found that only 25 had policies. Some schools, like the University of British Columbia, have been publicly shamed into instituting better practices over their poor handling of complaints.

Effective policies to tackle the fallout of violence is one thing. Preventing assaults is quite another.

In a recent case study of one anonymous Alberta campus, Shankar found the school paid so much lip service to fighting sexual violence, action got left behind. "It's almost become this opting-out that universities use," she told me. Schools will repeat how "complex" the problem is, which normalizes sexual violence and lets schools off the hook for solutions, she added.

Until, of course, an attack makes international headlines.

Stanford has defended its own conduct in the wake of the assault, noting there was "an immediate police investigation" (for which the school can't actually claim any responsibility) and that "in less than two weeks after the incident, Stanford had conducted an investigation and banned Turner from setting foot on campus — as a student or otherwise."

Students, however, are not satisfied. There's a petition calling for, among other things, the school to apologize to Jane Doe because the attack happened on its campus, increase funding for sexual-assault prevention and mandatory sexual-assault education for all students.

Going by Stanford's own data, those last two suggestions are needed. The school's 2015 campus climate survey found that one-third of undergraduate women experienced non-consensual sexual misconduct, "including acts ranging from sexual touching to penetration" (also known as rape).

The fact that students might get to university without a firm understanding of sexual assault mirrors Brock Turner's own court statements. He blamed a culture of drinking and promiscuity for his action, apparently unable to separate sex from assault.

It's an explanation that excuses nothing, but one that should deeply worry college and university administrators. They should be asking themselves how many Brock Turners are wandering their own campuses.

Taking swift action in the wake of assaults — with care for a victim and consequences for an abuser — is good policy, but it's not perfect behaviour.

The best way to avoid being Stanford isn't to defend your actions after the fact. It's to stop the violence in the first place.

Canadian universities should be asking themselves how many Brock Turners are wandering their own campuses.

Metro POLL

Was justice served at Stanford?

Brock Turner's six-month jail sentence — of which he's expected to serve only half — has been called unfairly lenient, with many who object claiming that Turner's being a white star athlete at a prestigious school saved him from spending far more time in jail. But we wanted to know what you think.

We asked: Is Brock Turner's six-month sentence a sufficient punishment?

96%: NO
(1,217 votes)
He got off way too easily in relation to the damage he inflicted on his victim. Others won't be deterred.

4%: YES
(49 votes)
He'll suffer in jail, and spending the rest of his life on the sex-offender registry will have major implications.

Rape is rape. Period. alcohol is no defence.

He raped someone and is only getting a six-month sentence. Disgusting! Disgraceful!

It's far past time we teach our little boys that they are not entitled to women.

Such a light sentence underscores the perceived value of men's lives over a woman's right to be safe.

His actions reflect a deeper psychological attitude of superiority. This behaviour was learned.

White privilege is real, and this is a sickening case of it.

visit metronews.ca
HAVE YOUR SAY

Protesters at Stanford's graduation ceremony wear '1/3' signs on their mortarboards, referring to the stat that one in three women will be sexually assaulted in her lifetime. THE ASSOCIATED PRESS

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JOHANNA SCHNELLER WHAT I'M WATCHING

A sonnet that soothed the world

TONY AWARDS

Love is love is the line we need to keep repeating

THE SHOW: The 70th Annual Tony Awards
THE MOMENT: The sonnet

If you haven't yet watched the speech of Hamilton creator Lin-Manuel Miranda, centre, you need to. GETTY IMAGES

The evening was already emotional. Host James Corden kicked it off by acknowledging the mass shooting that had occurred early that morning in a gay nightclub in Orlando: "Theatre is a place where every race, creed and sexuality is equal, embraced and loved," he said. Winners celebrated theatre's inclusiveness in their acceptance speeches.

Then Hamilton creator Lin-Manuel Miranda won for Best Score and read a sonnet he'd just written. "Senseless acts of tragedy remind us, that nothing here is promised. Not one day," he said.

Emotion increasing, he continued, "We live through times when hate and fear seem stronger . . . hope and love last longer."

Voice breaking, he hit his crescendo: "Love is love is love is love is love is love, cannot be killed or swept aside." With each "love," he pulled a lump higher into your throat. You could feel the room stop breathing.

If you missed this show — even if you don't give a toss about theatre — you should watch this speech. Forget the rhetoric that bombards us every time terrible events are perpetrated. Forget the silver ribbons that people will wear for a while, then put aside. Miranda's last line is what we need to keep reiterating. (#Loveislove became an immediate hashtag.)

The show went on. People sang joyfully. Corden did a funny bit about how Law & Order kept Broadway actors employed. Several winners spoke eloquently about the power of art to help explain tragedy and console after it occurs. But the sonnet was the peak.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

AT THE SHOW

Tonys a beacon of diversity

For all the talk about diversity and inclusiveness this season (absent at the Oscars, present at the Tonys), nothing could beat one powerful image: All four of the musical acting winners at the Tonys were black actors.

"It's so diverse that Donald Trump has threatened to build a wall around this theatre," said host James Corden. Daveed Diggs won the award for featured actor in a musical for Hamilton, Cynthia Erivo won for leading actress in a musical for The Color Purple, Leslie Odom, Jr., won leading actor in a musical for Hamilton, and Renee Elise Goldsberry, pictured inset, won the award for featured actress in a musical for Hamilton.

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1- "White Mulberry Supplementation as Adjuvant Treatment of Obesity", Journal of Biological Regulators and Homeostatic Agents., Vol 28, no.1, 2014.
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TORSTAR NEWS SERVICE

Stop bellyaching about belly fat

HEALTH

Health pros get real about risk factors

If your spare tire is expanding, there may be cause for concern — but not because your pants don't fit. Here, health experts explain all about stomach fat.

What is abdominal obesity?
Dr. Fahad Razak, an internist at St. Michael's Hospital, says abdominal obesity is a disproportionate gain of fat within the abdomen, relative to other parts of the body. If a man's waist measures more than 102 centimetres, or a woman's measures more than 88 centimetres, then the patient is considered abdominally obese.

The fat tissue is actually two types of fat: subcutaneous fat, just below the skin; and visceral fat, stored in the abdomen and around the organs.

Who gets it?
Dr. Sonia Anand, professor of medicine and epidemiology at McMaster, says men are more likely to be abdominally obese than women, said Anand. But once women are post-menopausal and losing estrogen, they may grow larger bellies, she said.

South Asian populations are prone to developing visceral fat, said Anand, whose research focuses on people of this demographic.

And then there's body shape. Whether you have a pear shape — meaning you carry more weight in your hips — or apple shape — meaning you carry weight in your stomach — comes down to genetics.

What are the health risks?
If someone has an excess of stomach fat, they usually have an excess of visceral fat too, said Dr. Paul Poirier, a cardiologist and professor of pharmacy at Laval University.

That fat around your heart, liver, kidneys and stomach, can lead to organ malfunction, he said.

The visceral fat also produces a molecule called adipokine, which is proinflammatory and circulates around the body, said Poirier. When someone has low-grade inflammation, they're more prone to coronary artery disease, gingivitis and other health issues, he said.

But the main health concerns are: diabetes, cholesterol abnormalities and heart disease, said Razak. Abdominal fat is more metabolically active and can affect a body's hormones and insulin control. Abdominal fat can also contribute to elevated levels of bad cholesterol and depressed levels of good cholesterol, he said.

What can you do about it?
Reduce calorie intake, increase fruit and vegetable intake, increase fibre intake, reduce intake of saturated and trans fats. Exercise.

Registered dietitian Abby Langer agrees: "I would tell people to clean up their diet," she said.

Bariatric surgery could help to shrink a patient's stomach and improve overall health, despite being an extreme step, said Razak. TORSTAR NEWS SERVICE

MYTH BUSTING BELLY FAT

Myth 1: Drinking beer causes beer bellies
It's not the beer, but the calories, said Dr. Sonia Anand, McMaster University. But if you have a beer belly, you may want to cut back on the beer. People with abdominal obesity have a higher risk of a fatty liver. Combined with alcohol, that will stress your liver, increasing your risk of chronic liver disease.

Myth 2: Spot reduction workouts shrink bellies
"There's no such thing as spot reduction," says Dr. Yoni Freedhoff, author of Why Diets Fail and How to Make Yours Work. If you work on losing weight, you will eventually lose body weight all over. Personal trainer Kathleen Trotter adds it's nutrition, that will help you achieve weight loss goals.

Myth 3: Cutting out specific foods helps
While some research shows diets high in simple carbohydrates — such as white bread and sugary desserts — can contribute to abdominal obesity, that's not proven, said Anand. Instead, overall good nutrition is what you should be focusing on to lose body weight, says Trotter.

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NBA star Blake Griffin has signed on as a five-night host for a mystery lineup from July 26-30 at the Just for Laughs Festival in Montreal

IN BRIEF

Green arranges to watch teammates from next door

Suspended Golden State Warriors star Draymond Green planned to watch Game 5 of the NBA Finals on Monday night in a baseball suite next door to Oracle Arena at the Oakland Coliseum, where the Athletics were playing the Texas Rangers.

Green was suspended by the NBA on Sunday for a fourth-quarter scuffle with Cleveland's LeBron James in Game 4, during which the league said Green "made unnecessary contact with a retaliatory swipe of his hand to the groin" of James. THE ASSOCIATED PRESS

Go to metronews.ca for coverage of Game 5 of the NBA Finals

I haven't changed anything. Just kind of played the same way I have for my whole career.

Phil Kessel whose Pittsburgh Penguins won the Stanley Cup with a 3-1 win over the Sharks in Game 6 on Sunday night. The former Leafs forward scored 10 goals en route to the Cup, leading the Penguins with 22 points.

Stroman in search of remedy to his slump

BLUE JAYS

Right-hander putting in extra time to get back on track

Blue Jays starting pitcher Marcus Stroman has an earned-run average of 7.58 over his last five starts. ADAM GLANZMAN/GETTY IMAGES

There is a weird bit of cognitive dissonance in Marcus Stroman's understanding of his recent struggles.

It's not that he disputes the fact he has pitched poorly. He has seen the numbers — a 7.58 ERA over his last five starts — and he isn't in denial about the rockets coming off opposing bats of late. He knows he's going through the worst stretch of his big-league career to date.

But in talking about the work that he's putting in to get back on track, Stroman repeats, several times, an odd verbal tic: "I'm trying to get back to where I am."

It's almost as if his relentlessly positive brain can't fully compute his recently underwhelming performances.

That's not to say he isn't taking it seriously. The Blue Jays' 24-year-old right-hander has been working with the same kind of obsessive diligence he drew upon to accelerate his return from what was supposed to be a season-ending knee injury last year.

He has been poring over video, working in the bullpen and putting in extra time in the weight room, focusing on everything from his breathing to the position of his feet.

He says he has been "digesting and dissecting" himself in a way that he never has before, and he's enjoying the work.

"I've had fun doing it," he says. "Because when you're going good, everything's flowing, everything's good. You don't think about it. When you start to struggle, that's what shows you what kind of character you have."

It's as if the five-foot-eight Stroman — who famously trademarked his "Height Doesn't Measure Heart" motto — needs a dose of fresh adversity every now and then to maintain the chip on his shoulder that has served him so well to this point.

"It's very rewarding when you reap the benefits of the work that you put in," he says. "When you see that you're struggling and you know that you're doing everything in your power to get better and things start to slowly go your way, there's nothing more gratifying than that."

Things haven't started going Stroman's way just yet, but, clearly, he can already envision it.

"I know people are worried that I'm struggling, but I can tell you I'm an extremely confident guy; I'm good with where I'm at," he says. "I understand that I'm struggling, but I understand I work harder than anybody else in this game and I'll get back to where I'm going to be very shortly." TORSTAR NEWS SERVICE

ON MONDAY

Phils shut down Jays bats

After a scorching weekend, the Toronto Blue Jays' bats went cold on Monday night.

The Blue Jays' offence was feeble as they lost 7-0 to the Philadelphia Phillies in the first of two games at Rogers Centre. The two teams will play on Wednesday and Thursday in Philadelphia.

Toronto scored 30 runs against the Orioles in a four-game series that ended Sunday, scoring 21 runs in two games on the weekend. However, they had trouble against Phillies starter Jerad Eickhoff (4-8), managing just three singles off of him in six innings. THE CANADIAN PRESS

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Undercover contenders

EURO 2016
GROUP STAGE

Italians flip script on pre-tourney expectations

Italy opened its campaign with an impressive victory over Belgium, while defending champion Spain beat the Czech Republic on a good day for the traditional powerhouses.

Ridiculed by their own media as one of the country's worst tournament teams ever, the Italians responded with a huge 2-0 win that sent the Azzurri to the top of Group E after Sweden and Ireland drew 1-1 earlier.

Also Monday, Spain needed a late goal from Gerard Pique to beat a particularly stubborn Czech Republic 1-0.

Tight defending and two well-taken goals were the keys to Italy overcoming a Belgium lineup tipped by some to win it all.

GROUP E In Lyon

While the likes of Eden Hazard and Kevin De Bruyne failed to deliver, Emanuele Giaccherini and Graziano Pelle made a mockery of Italy's underdog status.

Giaccherini pounced on a stunning 40-metre pass over the Belgium defence by Leonardo Bonucci to score in the 32nd minute and Pelle rounded off a breakaway with an unstoppable volley from inside the area in stoppage time.

"The critics were all against us," said Italy coach Antonio Conte. "But this is the beauty of football. You get the chance to prove people wrong, if you have the determination and will to work like we have."

Emanuele Giaccherini scores Italy's first goal of the Euros against Belgium's Thibaut Courtois on Monday at Stade des Lumieres. MICHAEL STEELE/REMOTE/GETTY IMAGES

In Toulouse, Spain's patience finally paid off in the 87th minute, when Andres Iniesta found space on the left side of the area to chip over a perfect cross for Pique to head home.

It was no less than Vicente Del Bosque's team deserved.

"We took the initiative during the entire match. We dominated," the Spain coach said. "Iniesta made a perfect pass and Pique was phenomenal."

Sweden's game at Saint-Denis was a great deal more balanced, with Ireland well worth its 48th-minute lead when Wes Hoolahan swept in Seamus Coleman's cross with a sweetly-struck half volley.

"It's up there with the best goals I've scored," said Hoolahan, known as "Wessi" among fans of Norwich — a play on Lionel Messi's name in reference to the 34-year-old Irishman's trickery.

As ever, though, the talismanic Ibrahimovic came to Sweden's rescue. His dangerous ball across the face of the goal was met with a stooping header by luckless Ireland defender Ciaran Clark into his own net. THE ASSOCIATED PRESS

FAN VIOLENCE

The head of English football says he has "serious concerns" about the security arrangements for England's match against Wales on Thursday in Lens.

The match will be played in the northern city which is only 30 kilometres from Lille, where Russia will take on Slovakia the day before.

There were clashes between England and Russia fans in Marseille last week, and UEFA has threatened the teams with potential expulsion if there are more.

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Wayne Rooney

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RECIPE Char Siu Pork

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This recipe makes it so easy to make sweet and sticky barbecued pork at home. Marinating your pork loin overnight isn't necessary, although it will give you an amazing depth of flavour.

Ready in
Prep time: 1 hour 15 minutes
Cook time: 20 minutes

Ingredients
- 1 1/2 Tbsps honey
- 1 1/2 Tbsps hoisin sauce
- 1 1/2 Tbsps soy sauce
- 1 Tbsp Chinese wine (dry sherry can be substituted)
- 1 tsp white pepper
- 1/2 tsp five-spice powder
- 1/2 tsp sesame oil
- 1kg/2½ lbs pork tenderloin
- 3 cloves garlic, finely chopped
- 1 1/2 Tbsps vegetable oil

Directions

1. In a small saucepan, add honey, hoisin, soy sauce, Chinese wine, pepper, five-spice and sesame oil. Whisk the ingredients together over medium heat. Cook until it thickens and becomes sticky. Let the sauce cool completely.

2. Add the sauce, vegetable oil, and chopped garlic to the pork and marinate it the fridge for an hour and up to overnight.

3. To cook, barbecue for about 6 to 8 minutes on each side, or place on the highest rack of the oven set on broiler for 6 to 8 minutes on each side.

4. Let the meat rest for 15 minutes or so before slicing. Serve over rice and sautéed greens.

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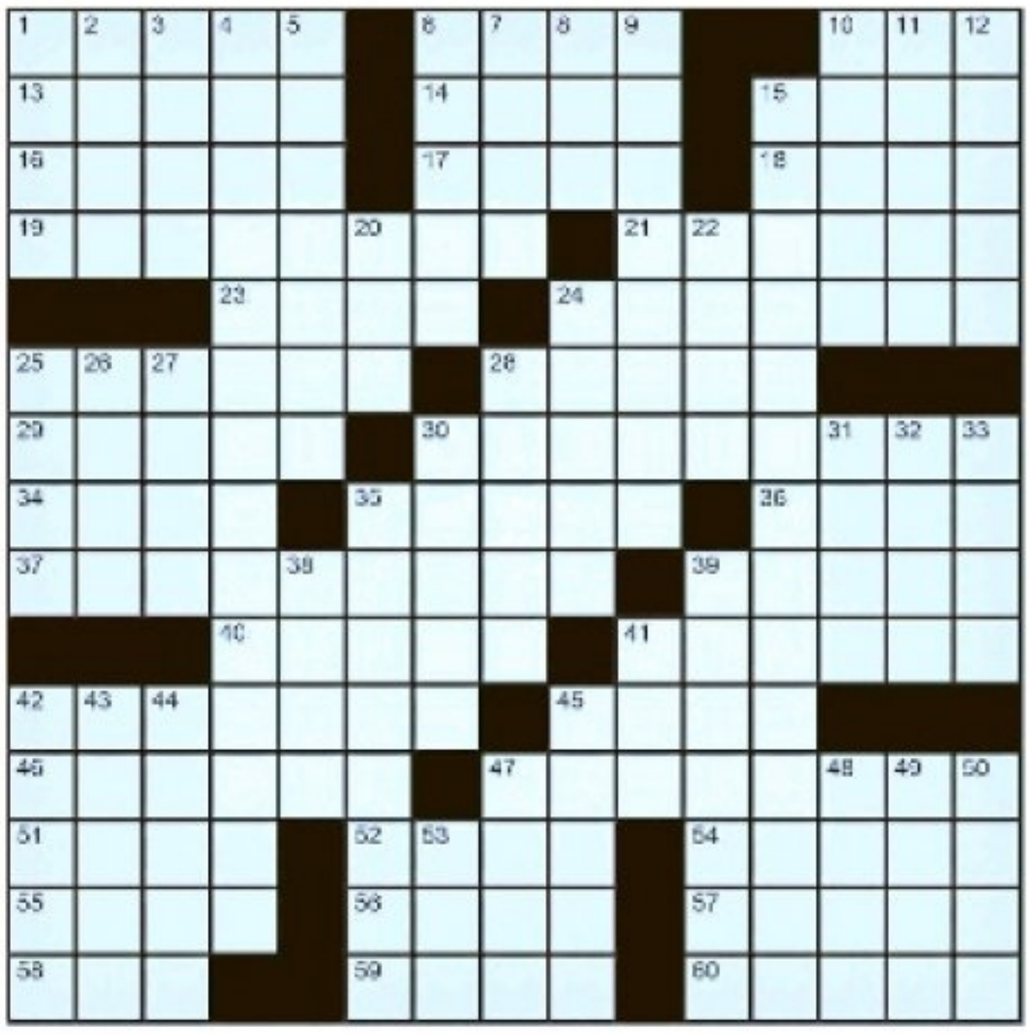
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Does this for Joy!
6. From way out
10. Account
13. Singer/actor Chris
14. Draped dress
15. Organized crime boss
16. Clemency
17. Ukraine city
18. Director Mr. Preminger
19. Improviser
21. Slowly advanced
23. Circulate
24. News story insiders
25. Mastermind
28. Mrs. von Trapp
29. 1973: "I Got a Name" by Jim _
30. Cottage extension perhaps overlooking a lake: 2 wds,
34. _ Piper
35. Rake over the _
36. Heraldic border
37. Manitoba community 15 minutes from North Dakota
39. Rock drill
40. Percussion instruments
41. Canada's big Bay
42. Vaudville performer, for example
45. Hillary's hubby
46. Traversed the rivers like a Voyageur
47. Renegade
51. As well
52. Slightly open
54. Bovid bag
55. Oliver of "Oliver!" (1968)
56. Tirade
57. White wine of Italy
58. Founded [abbr.]
59. "Kisses, dahling!"
60. Comfortable

DOWN
1. "Letters from Iwo _" (2006)
2. Put-upon
3. Crumbly soil
4. The white blossoms of this tree are the floral emblem of British Columbia: 2 wds.
5. Azure: 2 wds.
6. Awry
7. Reasonable
8. "We _ Family" by Sister Sledge
9. Cote d'Azur, and others
10. Workshop machine
11. Choice-selecting person
12. Commodities
15. Farm's morning alarm clock sound!
20. Derek and Bice
22. 'Short Shorts' retro TV commercials product
24. Minestrone-serving utensil
25. Force in Batman comics, commonly
26. Buffalo's lake
27. Liam's rocker brother
28. Financial resources
30. _ of vantage (Favourable position)
31. Misjudges
32. Jazzy Ms. Laine
33. Musicals composer Jerome
35. Our robotic space icon
38. Ancient empire
39. Marsh plant
41. _-_ (Fruit drink)
42. Startle
43. Acting father/son Alan Sr. and Alan Jr.
44. Commencement
45. Moorage
47. _ _ fever (Ailed)
48. Old Testament man
49. Ms. Campbell
50. Deuce-ace
53. Moose _, Saskatchewan

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is an exciting day! Expect to see new places and meet new faces. Unusual news might interest you as well. Stay on your toes!

Taurus April 21 - May 21
You might see new ways to earn money today. Yay! However, something unexpected with your finances could occur, so keep your eyes open. You might find money; you might lose money.

Gemini May 22 - June 21
For some reason, you have a greater freedom today than you usually do. New experiences will give you more insight into the world around you.

Cancer June 22 - July 23
Some kind of revelation or epiphany might happen today. It might be just a profound thought that occurs, or something might happen to you to trigger this observation.

Leo July 24 - Aug. 23
You might make a new friend today; if you do, this person will be unusual or different in some way. Alternatively, a friend you already know might do something that surprises you.

Virgo Aug. 24 - Sept. 23
In your interactions with bosses, parents and VIPs, something will happen that gives you greater freedom. You feel liberated. "I'm calling my own shots!"

Libra Sept. 24 - Oct. 23
Sudden opportunities to travel might drop in your lap today. However, planned travel itineraries might change. This is an exciting day with unusual opportunities.

Scorpio Oct. 24 - Nov. 22
A gift, goodie or perhaps a favor from a friend will help you today. Whatever happens, act quickly, because this window of opportunity will be brief.

Sagittarius Nov. 23 - Dec. 21
If your relationship with a friend or partner has fallen into a rut, today will shake it up a bit. Fortunately, it will shake it up in a good way. Point your finger in the air and sing, Staying Alive!

Capricorn Dec. 22 - Jan. 20
Expect a few surprises at work today. You suddenly might see a new and better way of doing things. Possibly, the introduction of new high-tech equipment will catch you off-guard.

Aquarius Jan. 21 - Feb. 19
Love at first sight might happen for some of you today. Accept spontaneous invitations to parties. However, parents should be vigilant about their kids today.

Pisces
Feb. 20 - March 20
Stock the fridge, because you might unexpectedly entertain at home today. Something surprising or unusual will occur within the family.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

				2				
5	1			3			6	2
			1		4			
		7		8		3		
9	3						5	4
		4		7		6		
			3		9			
3	4			6			1	8
				5				

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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2	3	6	1	4	7	8	5	9
9	4	5	3	2	8	1	7	6
7	8	1	5	9	6	2	4	3
1	9	3	6	8	4	5	2	7
6	5	4	7	3	2	9	8	1
8	2	7	9	5	1	3	6	4
3	6	8	2	7	9	4	1	5
5	1	2	4	6	3	7	9	8
4	7	9	8	1	5	6	3	2

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